

# ENTRÉES

**SLICED MEATLOAF** \$8.99  
2 servings

**WHOLE ROASTED CHICKEN (WF)** \$9.99  
3-4 servings

**CLASSIC LASAGNA** \$12.99  
2-3 servings

**CHICKEN AND BACON  
BURRITO BOWL (WF)** \$5.99  
1-2 servings

**SIMPLY GRILLED SALMON (WF)** \$3.99  
1 serving

**SIMPLY GRILLED CHICKEN (WF)** \$5.49  
1-2 servings

## GARDEN SALADS

**STRAWBERRY SPINACH WITH  
BALSAMIC VINAIGRETTE (VG, WF)** \$5.99  
1-2 servings

**GARDEN SALAD WITH  
BALSAMIC VINAIGRETTE (V, WF)** \$4.49  
1-2 servings

**GREEK SALAD WITH  
HERB VINAIGRETTE (VG, WF)** \$5.99  
1-2 servings

**KALE AND QUINOA WITH  
HERB VINAIGRETTE (V, WF)** \$4.99  
1-2 servings

# MEAT-FREE ENTRÉES

**RED CURRY WITH RICE (V, WF)** \$5.99  
1 serving

**SPAGHETTI AND MEATBALLS (V)** \$5.99  
1 serving

**VEGGIE QUINOA LASAGNA (WF)** \$12.99  
3-4 servings

**VEGGIE BURRITO BOWL (V, WF)** \$4.99  
1-2 servings

**AZTECA CASSEROLE (VG, WF)** \$4.99  
2 servings

**PESTO PASTA WITH  
ROASTED TOMATOES (V)** \$5.99  
1 serving

## PIZZAS

**CHEESE (VG)** \$9.99  
12 inches, 2-3 servings

**PEPPERONI** \$12.99  
12 inches, 2-3 servings

**VEGGIE (VG)** \$12.99  
12 inches, 2-3 servings

# SOUPS

32 OZ | 2-3 servings | \$4.99

**CARROT GINGER (V, WF)**

**TOMATO BASIL (V, WF)**

**SPICY CHICKPEA TURMERIC (V, WF)**

**CHICKEN AND RICE (WF)**

**VEGAN VEGGIE (V, WF)**

## SIDE SALADS

**SIMPLE CHICKEN  
SALAD (WF)** \$5.49  
1 serving

**CRANBERRY  
CHICKEN SALAD (WF)** \$5.99  
1 serving

**SIMPLE TUNA  
SALAD (WF)** \$5.49  
1 serving

**THAI PEANUT  
KALE SALAD (V, WF)** \$5.49  
2 servings

**DILL CAPER TUNA  
SALAD (WF)** \$5.99  
1 serving

**SESAME CASHEW  
NOODLES (V)** \$3.99  
2 servings

**THAI TOFU  
SALAD (VG, WF)** \$5.99  
2 servings

**BOMBAY TOFU  
SALAD (V, WF)** \$6.99  
2 servings

**POTATO  
SALAD (V, WF)** \$3.99  
2 servings

**BROCCOLI  
SALAD (V, WF)** \$4.49  
2 servings

**SALMON  
SALAD (WF)** \$5.99  
1 serving

**EGG SALAD (WF)** \$3.99  
1 serving

Ingredients lists located on item label. All foods are processed in a facility that contains allergens.

**(WF)** Wheat-free

**(V)** Vegan

**(VG)** Vegetarian

## SNACKS & DIPS

**CHICKEN NUGGETS WITH HONEY MUSTARD SAUCE (WF)** \$5.99

1 serving

**FRIED TOFU NUGGETS WITH SOUTHWEST SAUCE (V, WF)** \$5.99

1 serving

**FALAFEL SNACK PACK (V)** \$5.49

1 serving

**CLASSIC HUMMUS (V, WF)** \$3.99

1 serving

**PIMENTO CHEESE (VG, WF)** \$8.99

2-3 servings

**BUFFALO CHICKEN DIP (WF)** \$5.99

2-3 servings

## SIDES

**MAC & CHEESE (VG)** \$7.99

2 servings

**GOODS FOODS KALE (V, WF)** \$4.99

2 servings

**ROASTED BRUSSELS SPROUTS (V, WF)** \$4.99

2 servings

**GRILLED VEGGIES (V, WF)** \$4.99

2 servings

**ROASTED SWEET POTATOES (V, WF)** \$3.99

2 servings

**MASHED POTATOES (VG,WF)** \$4.99

2 servings

**(WF)** Wheat-free    **(V)** Vegan    **(VG)** Vegetarian

TO ADD ANY OF THESE  
ITEMS TO YOUR CAFE  
CURBSIDE ORDER CALL:

**859-278-1813  
EXT 256**

Please note: all Grab & Go  
items are kept chilled and  
intended to be eaten at home.

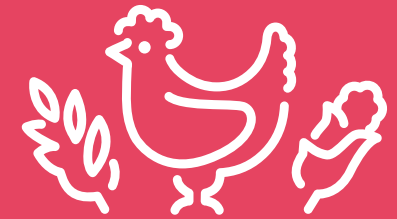
TO ADD ANY OF THESE  
ITEMS TO YOUR  
GROCERY CURBSIDE  
ORDER, ADD THEM TO  
YOUR LIST AT:

**GOODFOODS.COOP**



**GOOD  
FOODS**  
C O - O P

455 Southland Drive  
Lexington, KY 40503  
[www.goodfoods.coop](http://www.goodfoods.coop)



**GOOD  
FOODS**  
C O - O P

**CURBSIDE  
GRAB & GO  
MENU**

Items are available  
each day in our Grab  
& Go cooler. Stock up  
on your next trip, or  
add them to your café  
or grocery curbside  
pickup order!